

Abstract of the Disclosure

STRUCTURED LIPID CONTAINING COMPOSITIONS AND METHODS  
WITH HEALTH AND NUTRITION PROMOTING CHARACTERISTICS

[0094] Medium chain triglyceride oils are interesterified with long chain domestic oils in order to form interesterified structured lipids. These structured lipids find special application in combination with phytosterols to provide compositions and methods for enhancing health and nutrition characteristics. The compositions preferably have a structured lipid content of between about 92 and about 96 weight percent and a phytosterol ester content of between about 4 and about 8 weight percent, based on the total weight of the health and nutrition promoting composition.